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WAR FOOD ADMINISTRATION
OFFICE OF DISTRIBUTION
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Reserve

A ONIONS IN SCHOOL LUNCHES

Large supplies of onions are on the market now. School Lunch managers are urged to take advantage of this situation by using more onions in school lunch menus and by storing onions for use later on.

Some Ways to Use Onions

Onions, raw and cooked, combine well with other vegetables and with meat, fish, eggs, cheese, dried beans and peas. As our most popular seasoner, they add to the flavor of soups, chowders, creamed and scalloped dishes of all kinds. Raw onion rings or chopped onion have a place in most salad combinations. Onion juice and chopped raw onion improve the flavor of many sandwich fillings.

Serve onions as a vegetable dish, alone or in combination with other vegetables - boiled, stewed, creamed or scalloped, or in thick vegetable chowders. Use more onions in meat and vegetable combination dishes such as meat stews, meat pies, meat and vegetable casseroles and braised meat and vegetables dishes. That is, in addition to using the small amounts of onion usually called for in standard recipes, for seasoning and flavoring purposes, increased amounts of onion slices, or small whole onions, may be used to meet part of the vegetable requirement for the lunch type you are serving.

Storage Tips

Here are some important tips on the storage of onions. Onions must be mature and dry to keep. They must also be in good condition as those with bad spots may cause spoilage of others. Then, too, they must be kept in a dry place - humidity may cause the onions to rot. Onions can be stored satisfactorily at a temperature between 32 and 52 degrees. The lower part of this temperature range is really better for storing but be sure that the onions do not freeze. In a warm place they may tend to sprout or rot. Outside storage pits or cellar storage rooms are usually too damp and heated basements too warm for proper storage. Another thing to remember about storing onions is that they require free circulation of air around them. Slatted crates or woven baskets make good containers because they permit ventilation.

With suitable storage facilities, your entire winter supply of onions for use in school lunches can be stored successfully. At this time of year good quality onions will keep for several weeks even at ordinary room temperature.

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